

WEIDER®

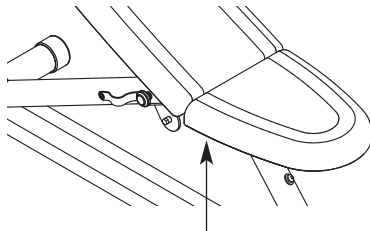
150 L UTILITY BENCH

www.weiderfitness.com

Model No. WEBE7710.0

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

1-877-992-5999

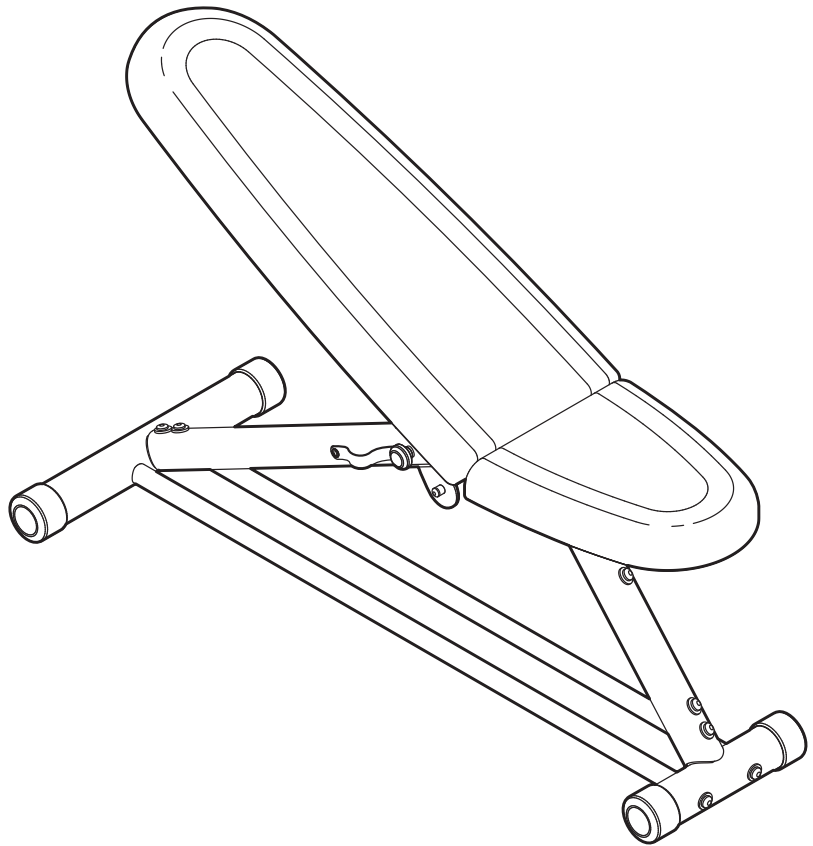
Mon.–Fri., 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.weiderservice.com

USER'S MANUAL



⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

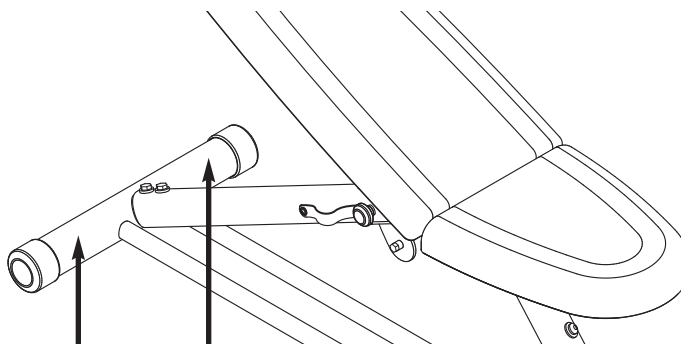


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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



⚠ WARNING

User Weight: Max 300 LBS
Weight Crutch: Max 110 LBS
Leg Developer: Max 50 LBS
Weight Carriage: Max 110 LBS
Chest Fly Per Arm: Max 30 LBS

Product may not offer all listed exercises.

⚠ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your weight bench before using your weight bench. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in a commercial, rental, or institutional setting.
4. Keep the weight bench indoors, away from moisture and dust. Do not put the weight bench in a garage or covered patio, or near water.
5. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use the weight bench.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Make sure that the pin is fully inserted before the weight bench is used.
8. Keep children under age 12 and pets away from the weight bench at all times.
9. Wear appropriate clothes while exercising. Always wear athletic shoes for foot protection while exercising.
10. The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg) and a maximum total weight of 400 lbs. (181 kg). Do not use the weight bench with more than 100 lbs. (45 kg) of weight. Note: The weight bench does not include weights.
11. If you feel pain or dizziness while exercising, stop immediately and cool down.
12. Use the weight bench only as described in this manual.

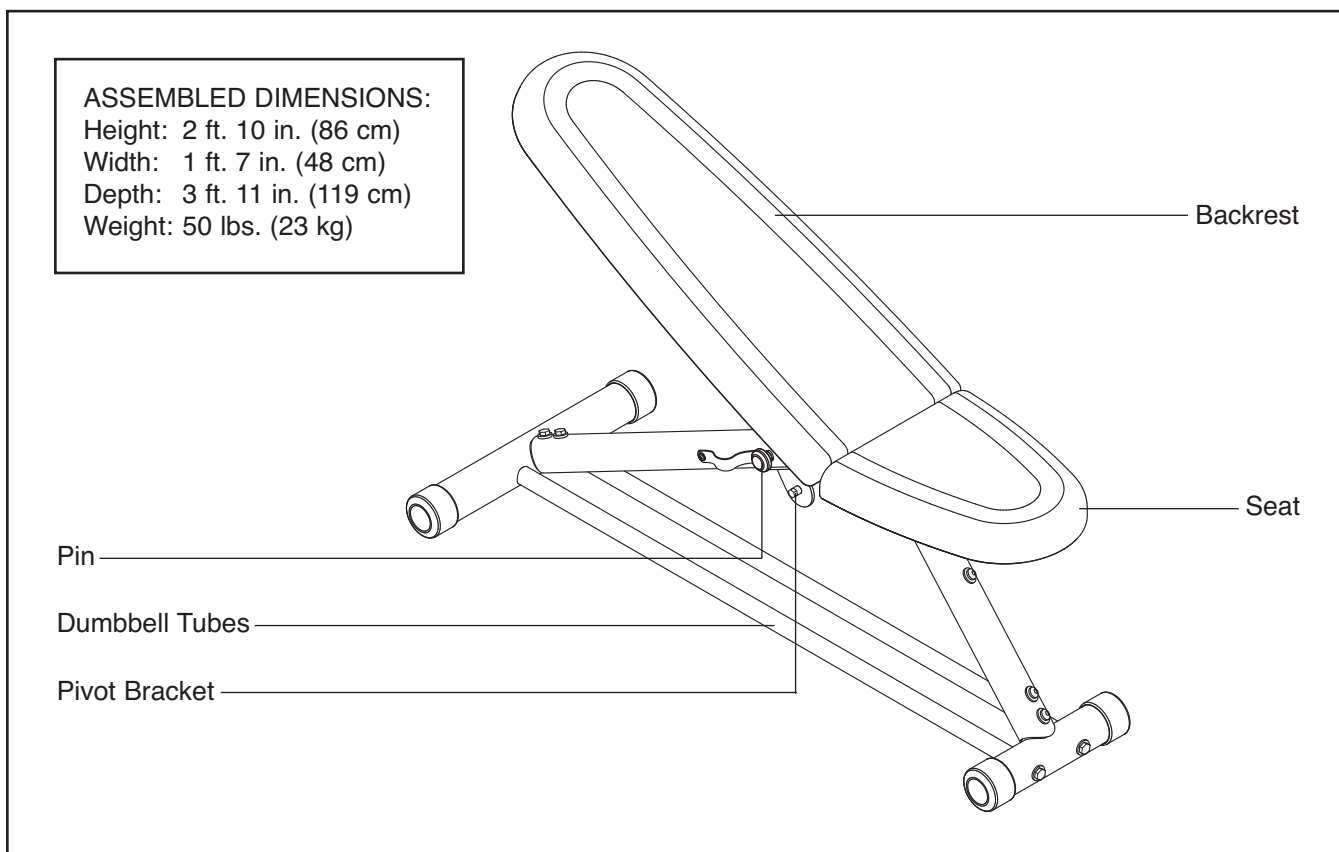
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® 150 L UTILITY BENCH weight bench. The weight bench is designed to be used with your own weights to develop the major muscles of your upper body.

For your benefit, read this manual carefully before using the weight bench. If you have questions after reading this manual, please see the front cover of this

manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

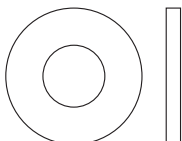


PART IDENTIFICATION CHART

See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **IMPORTANT: Some small parts may have been preattached. If a part is not in the hardware kit, check to see if it has been preattached.**



M6 Washer (21)



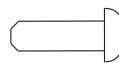
M8 Washer (20)



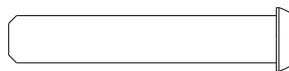
M8 Locknut (24)



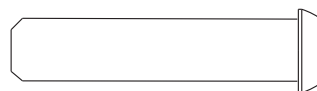
M10 Locknut (19)



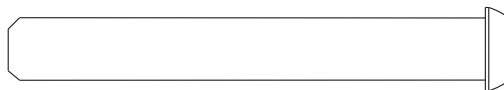
M4 x 12mm Self-tapping Screw (17)



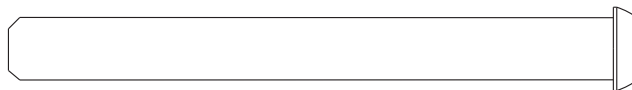
M6 x 35mm Screw (15)



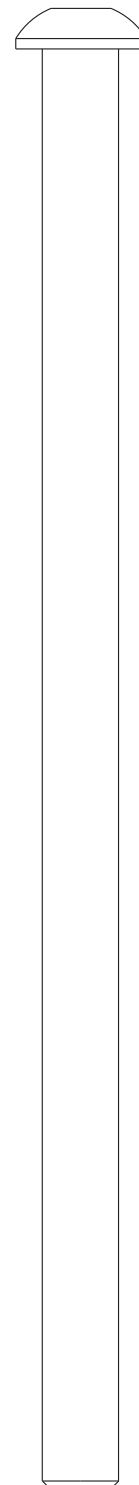
M8 x 38mm Bolt (18)



M8 x 63mm Bolt (16)



M8 x 80mm Screw (13)



M10 x 190mm Bolt (14)

ASSEMBLY

To make assembly easier, carefully read the following assembly tips:

- To hire an authorized service technician to assemble the exercise rack in your home, call 1-800-445-2480.
- Assembly requires two persons.
- Because of its weight and size, the exercise rack should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the exercise rack as you assemble it.

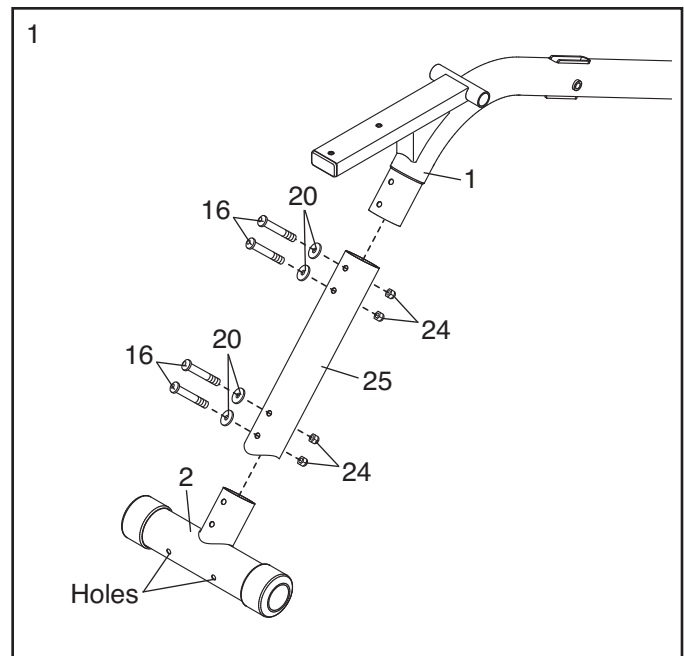
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- Assembly can be completed using the included tools.

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

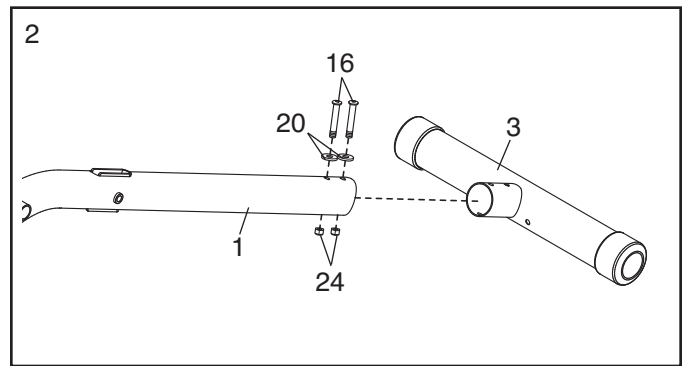
1. Orient the Front Stabilizer (2) and the Front Leg (25) as shown.

Attach the Front Stabilizer (2) to the Front Leg (25) with two M8 x 63mm Bolts (16), two M8 Washers (20), and two M8 Locknuts (24). **Do not tighten the Locknuts yet.**

Next, attach the Front Leg (25) to the Frame (1) with two M8 x 63mm Bolts (16), two M8 Washers (20), and two M8 Locknuts (24). **Do not tighten the Locknuts yet.**



2. Attach the Rear Stabilizer (3) to the Frame (1) with two M8 x 63mm Bolts (16), two M8 Washers (20), and two M8 Locknuts (24). **Do not tighten the Locknuts yet.**

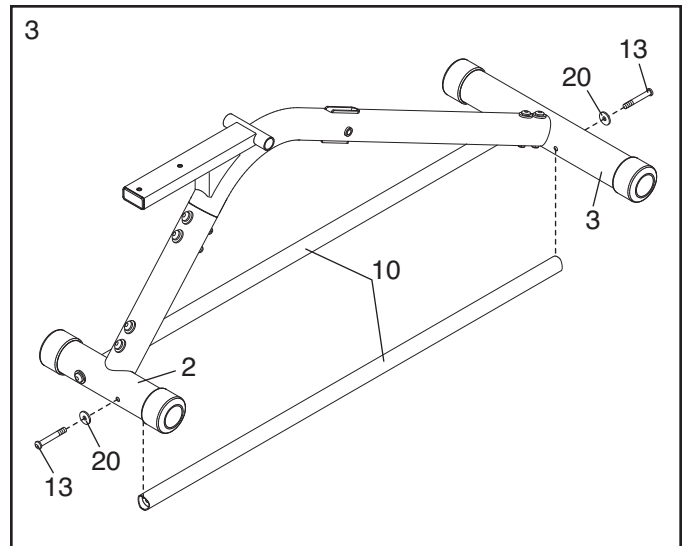


3. Attach a Dumbbell Tube (10) between the Rear Stabilizer (3) and the Front Stabilizer (2) with two M8 x 80mm Screws (13) and two M8 Washers (20). **Do not tighten the Screws yet.**

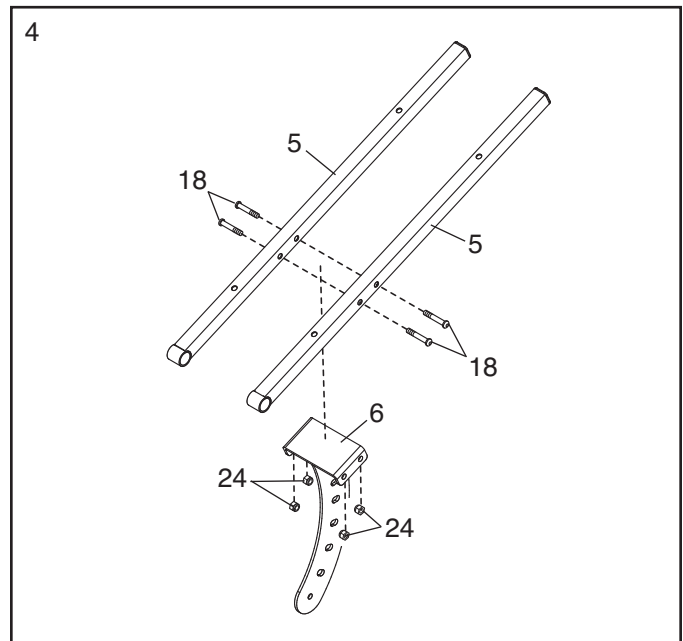
Attach the other Dumbbell Tube (10) in the same way.

Tighten the four M8 x 80mm Screws (13).

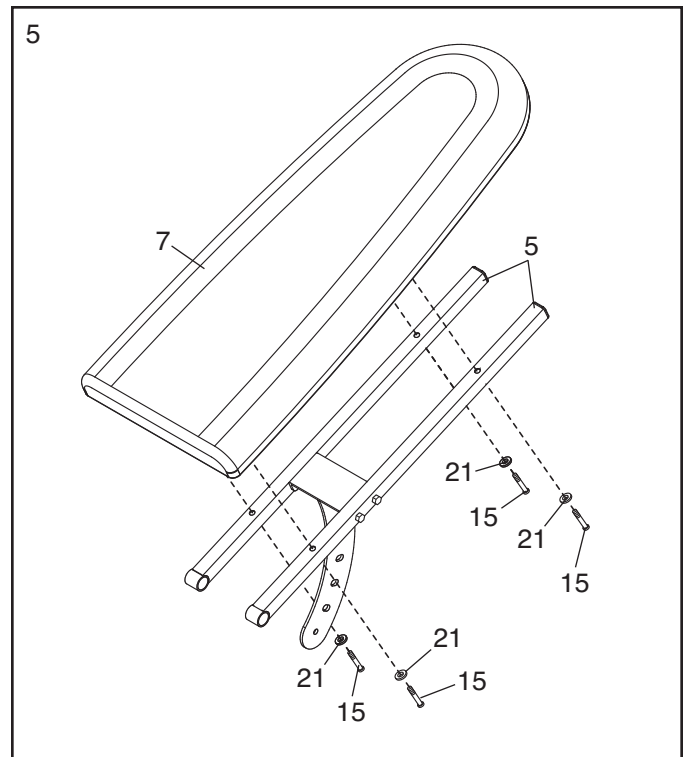
See steps 1 and 2. Tighten the six M8 Locknuts (24).



4. Orient the Pivot Bracket (6) as shown, and attach it to the Backrest Frames (5) with four M8 x 38mm Bolts (18) and four M8 Locknuts (24). **Do not tighten the Locknuts yet.**



5. Attach the Backrest (7) to the Backrest Frames (5) with four M6 x 35mm Screws (15) and four M6 Washers (21). **Do not tighten the Screws yet.**



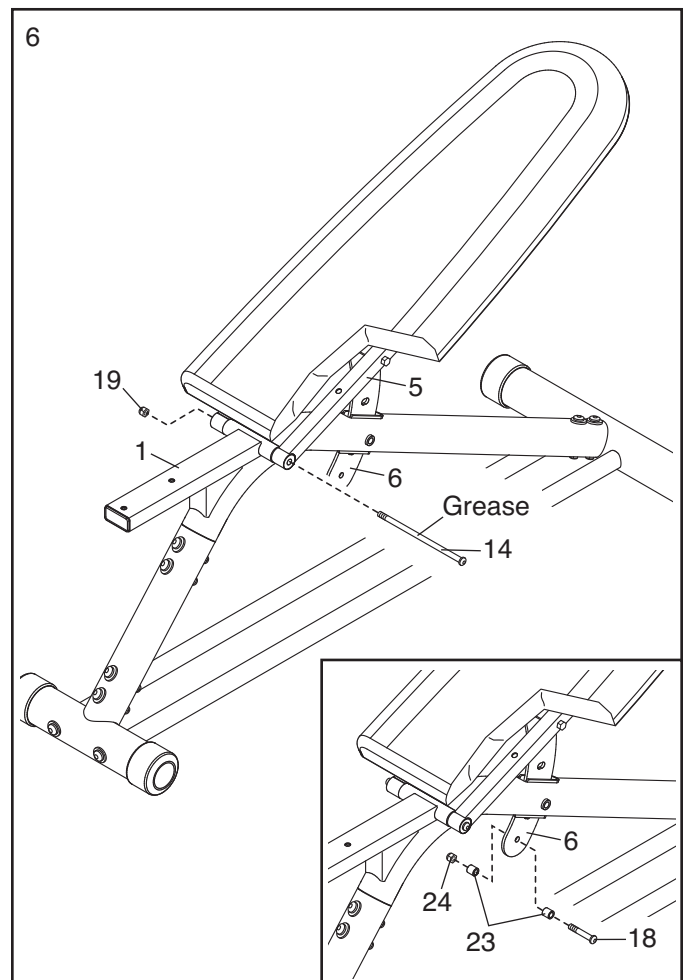
6. Insert the Pivot Bracket (6) into the slot in the Frame (1) as shown.

Apply some of the included grease to an M10 x 190mm Bolt (14). Attach the Backrest Frames (5) to the Frame (1) with the Bolt and an M10 Locknut (19). **Do not overtighten the Locknut; the Backrest Frames must pivot easily.**

See the inset drawing. Attach an M8 x 38mm Bolt (18), two Spacers (23), and an M8 Locknut (24) to the lowest hole in the Pivot Bracket (6).

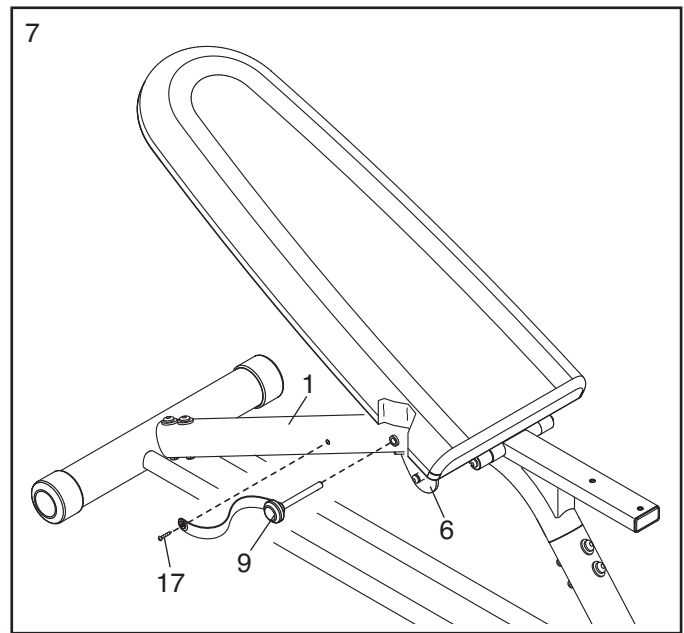
See step 4. Tighten the four M8 Locknuts (24).

See step 5. Tighten the four M6 x 35mm Screws (15).

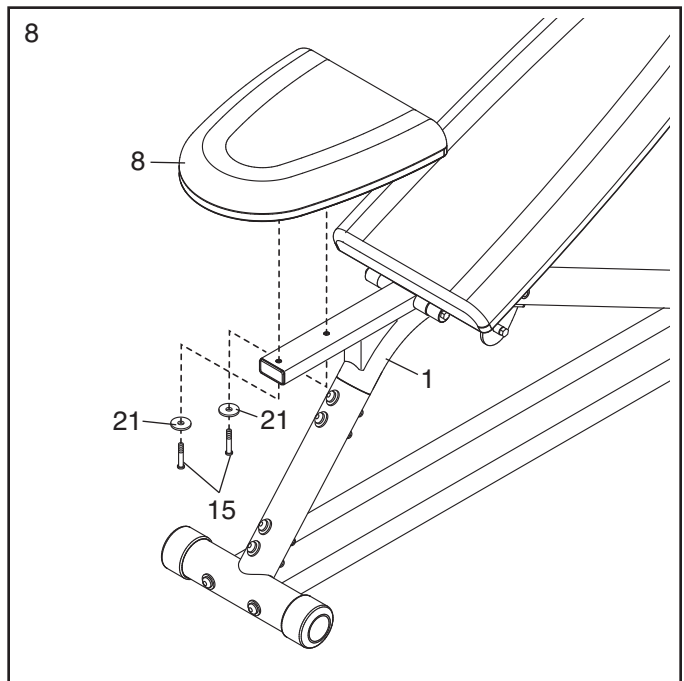


7. Insert the Pin (9) into the Frame (1) and into an adjustment hole in the Pivot Bracket (6).

Then, attach the Pin/Tether (9) to the Frame (1) with an M4 x 12mm Self-tapping Screw (17).



8. Attach the Seat (8) to the Frame (1) with two M6 x 35mm Screws (15) and two M6 Washers (21).



9. **Make sure that all parts are properly tightened before you use the weight bench.**

ADJUSTMENT

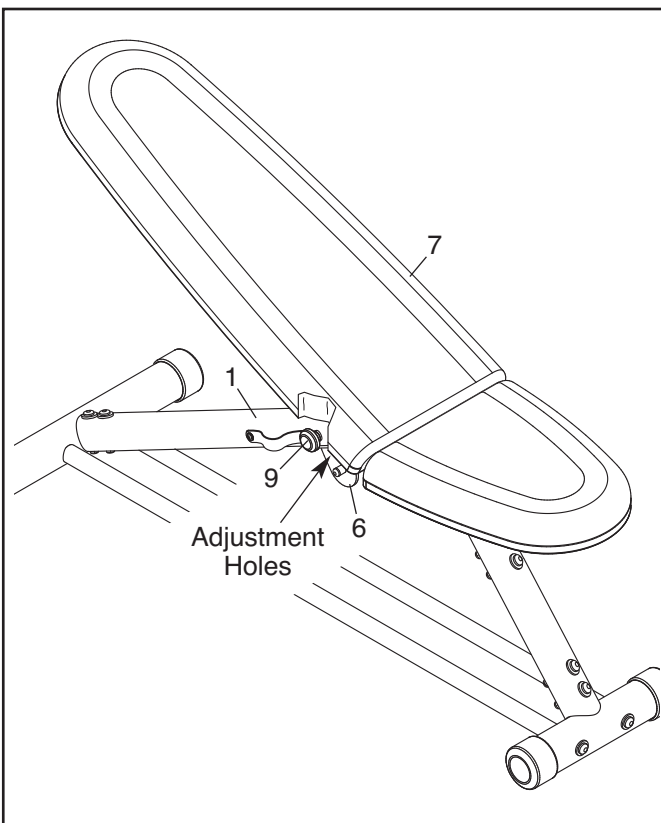
The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 11 for important exercise information, and refer to the accompanying exercise guide to see the correct form for several exercises. Refer also to the exercise information accompanying your weight set for additional exercises.

Make sure all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

The Backrest (7) can be used in a declined position, a level position, or any of three inclined positions. To adjust the Backrest, first remove the Pin (9) from the Frame (1). Next, move the Backrest to the desired position, and reinsert the Pin into the Frame and into an adjustment hole in the Pivot Bracket (6).

⚠ WARNING: Make sure that the Pin (9) is fully inserted into the Frame (1) and the Pivot Bracket (6).



EXERCISE GUIDELINES

FOUR TYPES OF STRENGTH WORKOUTS

Note: A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.

Muscle Building—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:

- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning—Tone your muscles by working them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss—To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training—Combine strength training and aerobic exercise by following this type of program:

- Strength training workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each

workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body’s signals. Follow each workout with at least one day of rest.

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Working Out—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set:

- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

NOTES

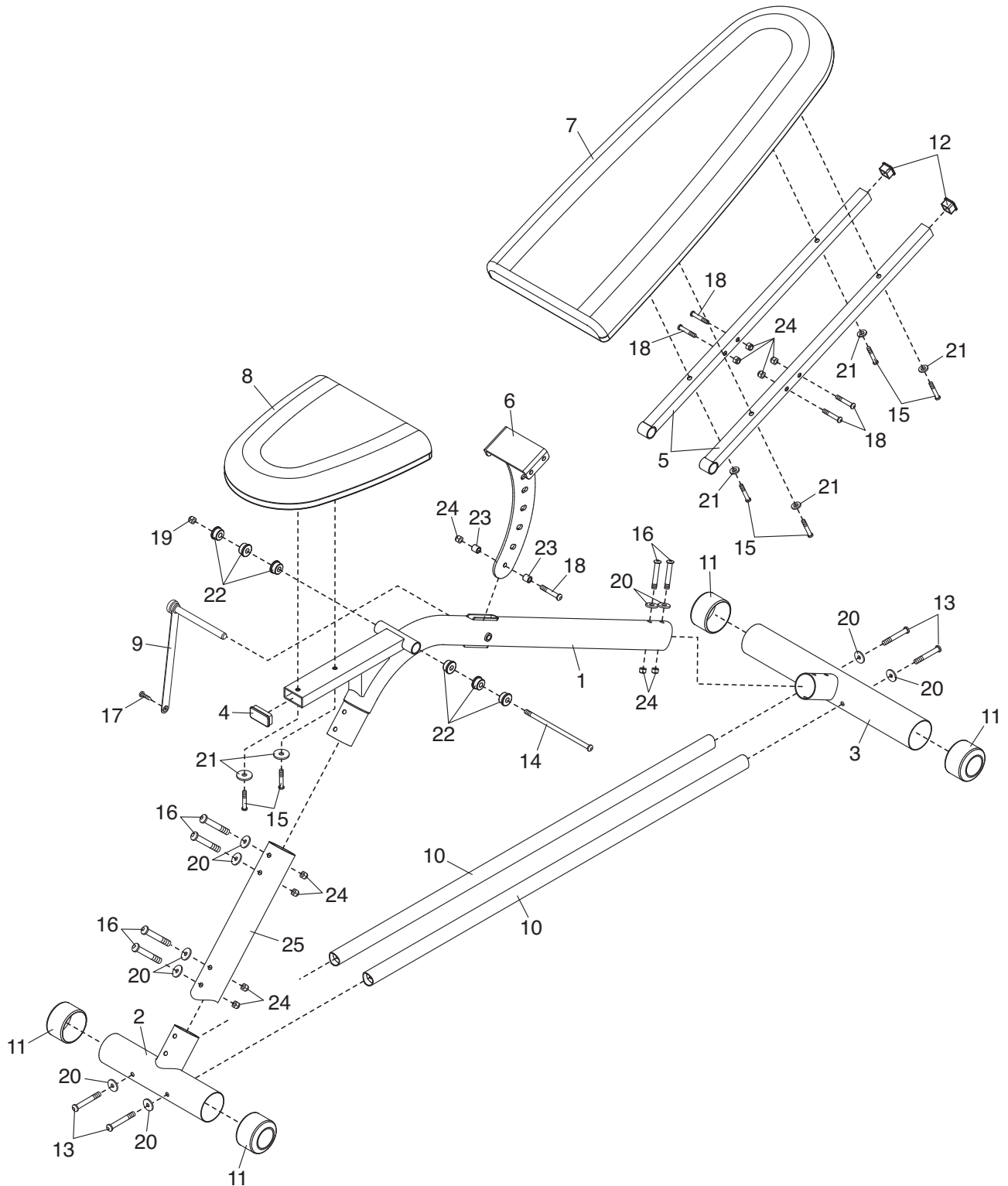
NOTES

PART LIST—Model No. WEBE7710.0

R1010A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	16	6	M8 x 63mm Bolt
2	1	Front Stabilizer	17	1	M4 x 12mm Self-tapping Screw
3	1	Rear Stabilizer	18	5	M8 x 38mm Bolt
4	1	1" x 2" Inner Cap	19	1	M10 Locknut
5	2	Backrest Frame	20	10	M8 Washer
6	1	Pivot Bracket	21	6	M6 Washer
7	1	Backrest	22	6	Bushing
8	1	Seat	23	2	Spacer
9	1	Pin/Tether	24	11	M8 Locknut
10	2	Dumbbell Tube	25	1	Front Leg
11	4	Round Outer Cap	*	—	Assembly Tool
12	2	1" Square Inner Cap	*	—	User's Manual
13	4	M8 x 80mm Screw	*	—	Exercise Guide
14	1	M10 x 190mm Bolt	*	—	Grease Packet
15	6	M6 x 35mm Screw			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.weiderservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813